



2018 FALL RACQUETS & RELAXATION PROGRAM

WATCHUNG RECREATION

Yes we are back and better than ever!!!! Get signed up for the Fall R&R Program with USPTA/USPTR certified pro Joli Harvanik and Certified/Licensed Relaxation Therapist Michelle Cilio. Experience the best of both worlds Tennis & Mindfulness combined to create strong bodies and minds. Learn how to focus and balance, while becoming a stronger tennis player.

The cost is \$140 per session. Space is limited. Participants must have their own tennis racquets, water & sneakers. Yoga mats are limited so we ask that if you do have a yoga mat please bring that along with you to your session, as well as a towel.

Sessions begin: Monday, September 17th End: Friday, October 19th

<u>OPTION A</u>	<u>OPTION B</u>	<u>OPTION C</u>	<u>OPTION D</u>
MONDAYS 4:00 PM AGES 7&10	WEDNESDAYS 4:00 PM AGES 7-10	THURSDAYS 4:00 PM & 5:00 PM AGES 14 - 17	FRIDAYS 9 AM & 10 AM ADULTS (18 & UP)
5:00 PM AGES 11 - 13	5:00 PM AGES 11 - 13		

*** ANY TENNIS RELATED QUESTIONS OR TO SET UP PRIVATE TENNIS LESSONS PLEASE CONTACT JOLI AT JOLIHARVANIK@GMAIL.COM OR CALL 908-727-0011

*** ANY RELAXATION THERAPY QUESTIONS OR TO SET UP PRIVATE APPOINTMENTS AT NATURE'S TOUCH PLEASE CONTACT MICHELLE CILIO AT MCILIO.NATURESTOUCH@GMAIL.COM OR CALL/TEXT 551-200-0548



REGISTRATION FORM

Name _____ Age _____

Address _____ Town _____

Zip _____

Home Phone _____

****(If under 18 – Parent(s) please fill out below.)

Parent(s) Name _____

Parents Cell Phone # _____

Allergies and or medical conditions: _____

Emergency Contact _____ Phone # _____

Relation _____

Amount enclosed \$ _____

Email: _____

****List Session(s) & class attending _____

Signature _____ Date ____/____/____

Please fill out the following registration information and mail with payment to (payable to Joli Tormey): Joli Tormey 28 Spencer Lane, Watchung, NJ 07069. If you have questions or are looking for a different day and/or time, please call/text (908) 727- 0011 email:

joliharvanik@gmail.com

Please note: NO MAKE-UPS OR REFUNDS. Cancellations due to bad weather will be rescheduled.

Please note: NO MAKE-UPS OR REFUNDS unless class is canceled due to rain This permission constitutes release of liability on the part of the Borough of Watchung and/or any of their employees for any accident, injury or any damage or loss incurred in this activity or any part of this program. I realize that I will be held liable for any damage my child may cause to the courts. **I hereby give my child permission to participate in this program.**